



WELLNESS WEEKLY

MARCH 17, 2014

MARCH IS...

- ◆ National Sleep Awareness Week (3/2 - 3/9)
- ◆ National Pulmonary Rehabilitation Week (3/9 - 3/15)
- ◆ National Nutrition Month
- ◆ National Colorectal Awareness Month
- ◆ American Diabetes Alert Day (March 25)

What is CSA?

Community Supported Agriculture (CSA) Farmshare is a pre-paid box of fruits and vegetables delivered directly to your office from a local farm. Site coordinators help organize and facilitate each drop-off site. Come to one of the information sessions to learn more about how you can receive a free box each week by organizing a drop off at your work location.

**ALL WELLNESS EVENTS
ARE FREE & OPEN TO ALL**

BALTIMORE CITY

EMPLOYEES.

For more information

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Be Well. Be Fit. Be More.

BALTIMORE CITY EMPLOYEES WELLNESS PROGRAM



This Week's Events:

Event	Date	Location	Time
CSA Farmshare Site Coordinator Information Sessions	Mar. 19	Department of Planning	12:00-
	Mar. 21	417 E. Fayette St., 8th Floor Baltimore, Maryland 21202	1:00 p.m.
RSVP to: joanna.winkler@baltimorecity.gov			

Coming Soon: Nutrition Week

Event	Date	Location	Time
Nutrition: Just the Basics	Mar. 25	The Department of Human Resources 201 E. Baltimore Street, 5th Floor (Across from Benefits Division) Room 5A	12:00- 1:00 p.m.
Healthy Nutrition Cooking Demonstration	Mar. 26	The Abel Wolman Building 200 N. Holliday Street Baltimore, MD 21202 (Room. 7)	12:00- 1:00 p.m.
Healthy Nutrition (information table in the Rotunda)	Mar. 27	City Hall 100 N. Holliday Street Baltimore, MD 21202	12:00- 2:00 p.m.
Healthy Nutrition (information table in the lobby)	Mar. 28	The Benton Building 417 E. Fayette Street Baltimore, MD 21202	12:00- 2:00 p.m.

Sizzling Roasted Pecan Salmon

Ingredients

4 salmon filets (4-6 oz. each)
Salt and pepper to taste
1 Tbsp. Dijon Mustard
1 Tbsp. honey
2 Tbsp. seasoned breadcrumbs
2 Tbsp. chopped pecans
1 tsp. parsley
Wedges of fresh lemon

Preparation

Sprinkle salmon with salt and pepper. Place skin-side down on baking sheet. Combine mustard and honey, brush on top of salmon. Mix topping of breadcrumbs, nuts and parsley and sprinkle over salmon. Bake at 400 degrees F for 10-15 minutes or until flaky. Serve with wedges of fresh lemon.

Nutrition Facts

Yield: 6 servings

Calories.....265
Total Fat12g
Cholesterol.....78mg
Sodium.....252mg
Total Carbohydrates.....9g
Protein.....29g

Top 10 Super-Nutritious Foods

Though no one food can work magic, the following foods are packed with healthy fats, lots of fiber, and loads of vitamins and antioxidants.

Avocados are a rich source of fiber, vitamins E, C, B-6, folate, K and potassium.

Apples are a rich source of many antioxidants as well as vitamin C. They are also one of the highest-fiber fruits. Remember to leave the skin on to reap the full benefits.

Barley high soluble fiber content makes it desirable for helping to prevent heart disease and manage blood sugars.

Beans combine the dynamic duo of protein and fiber. They are high in soluble fiber and calcium. Other nutrients include B vitamins, iron, magnesium, potassium, and zinc.

Berries are a great source for antioxidants, vitamin C and potassium. They also contain higher amounts of fiber than most other fruits.

Leafy Greens are good sources of calcium, potassium, folate, fiber, iron, magnesium, vitamins B, C and K.

Mushrooms are loaded with vitamins, minerals and fiber.

Nuts and Seeds are good sources of monounsaturated fat. They contain magnesium, vitamin E, fiber, riboflavin, iron and calcium.

Omega-3 Rich Fish eating fish at least twice a week may help cut your risks for heart disease and stroke.

Pomegranates have up to three times the antioxidants of red wine and green tea. They are also rich in vitamin C and potassium.

This information provided by United Healthcare is not intended nor implied to be a substitute for professional medical advice.